

## Love and Death.

By J. B. Ford.

Friendship is strong in every human heart. We crave the companionship of those who can understand. The nostalgia of youth, we sigh for "home," and long for the presence of those who sympathize with our aspirations, comprehend our joys, and are able to partake of our joys. A thought is not our own; we impart it to another, and the confessional seems a part of every human soul. It is not that we are glad to be with one we are in harmony with all. The lover idealizes the beloved with virtues that exist only in his imagination. He is unconsciously aware of this, and endeavors to live up to the ideal; and in the contemplation of the transcendent qualities of the beloved the lover is raised to heights otherwise impossible. The beloved passes from this earth while such a condition of exaltation exists, the conception is indelibly impressed upon the soul, just as the earthly view is said to be photographed upon the retina of the dead. The best earthly relationship is in its very essence fleeting, for men are fallible; and living in a world where the material wants jostle, and time and change play their ceaseless parts, gradual obliteration comes and disillusion enters. But the memory of a sweet affinity once fully possessed, and snapped by fate at its supremest moment, can never die from out the heart. All other troubles are swallowed up in this; and if the individual is of too stern a fibre to be completely crushed into the dust, time will come bearing healing, and the memory of that once ideal condition will chant in his heart a perpetual eucharist.

And I hope the world has passed forever from the nightmare of pity for the dead; they have ceased from their labors and are at rest.

But for the living, when death has entered and removed the best friend, fate has done her worst; the plummet has sounded the depths of grief, and thereafter nothing can inspire terror. At one fell stroke all petty annoyances and corroding cares are sunk into nothingness. The memory of a great love lives enshrined in undying amber. It affords a ballast 'gainst all the storms that blow, and, although it lends an unutterable sadness, it imparts an unshakeable peace. Where there is this haunting memory of a great love lost, there is also forgiveness, charity and sympathy that makes the man brother to all who suffer and endure. The individual himself is nothing; he has nothing to hope for, nothing to lose, nothing to win, and this constant memory of the high and exalted friendship that was once his is a nourishing source of strength; it constantly purifies the mind and inspires the heart to nobler living and diviner thinking. The man is in communication with Elemental Conditions.

To have known an ideal friendship, and had it fade from your grasp and flee as a shadow before it is touched with sordid breath of selfishness, or sullied by misunderstanding, is the highest good. And the constant dwelling in sweet, sad recollection on the exalted virtues of the one that is gone tends to crystallize these very virtues in the heart of him who meditates them.

## The Tight Collar Is Dangerous

By Dr. W. R. C. Latson.

ONE of the most common causes of hot weather discomfort—yea, and danger, too, for that matter—is the tight neckband. Passing up and down the sides of the neck are two very important arteries, the carotids, and two large veins, the jugular veins. The carotid arteries carry blood up to the head; while the jugular veins convey it back to the heart. As elsewhere in the body the arteries are situated under the muscles and so are partially protected from pressure. The jugular veins, however, are quite near the surface, and a slight degree of pressure upon them is enough to impede the flow of blood away from the head. This retention of blood in the head is a frequent cause of that headache peculiar to hot weather, where the headache is accompanied by flushed face and feeling of fullness, often with buzzing in the ears. This condition, it may be mentioned, is always present in insolation, or "heat prostration."

Now the tight neckband and the tight collar make pressure just over the jugular veins, and so by preventing free escape of blood from the head often produce "heat headaches," and other discomforts, as well as add to the risk of heat prostration.

The neckband of the summer shirt, then, should be loose, and the collar low and easy fitting. Happily this is now the rule with good dressers; so one can conserve his own comfort and safety without appearing odd or offending Madame Grundy.

## American Feeling.

One Necessary in the Qualifications of Our Representatives Abroad.

By E. S. Nadal.

THE kind of man our representative in London is matters more than the amount of his money. One necessity is that he should be an American in feeling, with the respect for others which is the result of American education. I know those two minds, the European, aristocratic mind, which thinks, "I am better than another," and the American, democratic mind, which thinks, "You are as good as I, and have as much right in the world." Both minds have their attractions and their advantages, but I believe the American mind is not only kinder, but truer and juster and more in accord with the facts of life and human nature than the other. A cynically disposed person might say that this state of mind rests ultimately upon the fact that we all have something to sell one another. It may be so, but this state of mind nevertheless exists, and there can be no question that it is a just and sound one. . . . If it be proper to mention the name of a man still living, there could hardly be a better example of the kind of mind an American representative abroad should have than Mr. Choate, who, I may add, had an even greater success in England than is perhaps generally known. He has a singular talent for being liked. There is one gift of his in which, I think, he is altogether peculiar; that of being successful without exciting envy.

## Give the Children Sugar.

By Dr. Woods Hutchinson.

CHILDREN may eat too much sugar and they may also stay too long in their bath tub, or in the creek when they go in swimming, or get tanned or a headache from playing too long in the sun, or chilled by staying too long in the open air; but is that any sound reason why they should be deprived of sweets, sunlight, baths and fresh air, or discouraged from indulging in them? All that is needed is a little common sense regulation and judicious supervision, no prohibition, or denunciation. Most of the extraordinary craving for pure sugar and candy, which is supposed to lead the average child to inevitably "founder himself" if left to his own sweet will and a box of candy, is due to a state of artificial and abnormal sugar starvation, produced by an insufficient amount of this invaluable food in its regular diet. Children who are given plenty of sugar on their mush, bread and butter, and puddings, a regular allowance of cake and plenty of sweet fruits, are almost free from this craze for candy, this tendency to gorge themselves to surfeit, and can usually be trusted with both the candy box and the sugar bowl.

## The Antarctic Continent.

By Major-General Greely.

STRANGE have been the historical vicissitudes of the antarctic continent. A fragment of geographic fancy evolved by Ortelius in 1570, the great Capt. Cook thought that he had demolished it in 1773. Resuscitated by an American sealer, N. B. Palmer, in 1820, it took form and definite location under Wilkes's daring and persistent explorations of 1840, supplemented by those of D'Urville, Enderby and Kemp. Ross eliminated Wilkes's discoveries from his charts, but the continent was theoretically and scientifically reconstructed by the great physicists, Carpenter and Murray. Slowly evolving its tangible shape through the discoveries of the German Drygalski, the Scotsman Bruce, the Belgian Gerlache, the Frenchman Charcot, the Norwegian Larsen and the Englishman Scott, through the late labors of Shackleton, the antarctic continent now appears to extend from Victoria Land west to Enderby Land, and from Wilkes Land across the south pole to Palmer Land.

## FASHIONS OF THE DAY

New York City.—The blouse that is laid in groups of fine tucks is a pretty and dainty one, and just now it is in the height of style. This one can be made plain, as illustrated, or elaborated by means of embroidery or lace insertion between the groups of tucks, but in whichever way it is



treated it is always dainty and charming. The square Dutch neck and three-quarter sleeves illustrated are much in vogue and are exceedingly comfortable, or the waist can be made with long sleeves if preferred. It will be found adapted to all materials that can be made in lingerie style.

Coats to the Knees.

The newest coats reach about to the line of the knees. This is the length that will be in vogue this season.

Draped Gowns.

Many of the newest models in head-gear are furnished with draped velvet crowns, while the rims are only three inches wide. Hats of this sort are very chic, but, needless to say, they are not becoming to the average woman. This style of hat was originated about the time of Henry II., and the huge feathers which decorated that monarch are still seen on the kettle-shaped hats of to-day.

Nine Gored Skirt.

Here is one of the newest skirts, gored to fit smoothly over the hips, but with graceful lines at the foot caused by the pleated lower portions, which gives the straight lines that are extremely smart and graceful. The inverted pleat at centre front is stitched to form wide tucks, which are held in place with groups of three buttons. The skirt is illustrated in one of the new blue diagonal serges with jet buttons, but all colors and materials that are suited to the odd skirt or the coat suit will be found appropriate, the linens and pongees of the present as well as the heavier materials of the coming season.

The skirt is cut in nine gores, the fronts and back extending the full length, while the side gores are lengthened by pleated portions that give becoming fullness at the lower edge. The closing is made invisibly under the left edge of the box pleat



and for between seasons thin silks and pongee will be much in vogue as well as linen and cotton fabrics. Embroidered muslins are exceedingly handsome so treated, and to the list of familiar materials must be added waist lengths of genuine East Indian muslin embroidered in Indian style.

The waist is made with front and backs. It is laid in groups of fine tucks and there is a wide tuck over each shoulder, which gives becoming fullness. When the neck is cut square it is finished with trimming; when made high, with a regulation stock. The sleeves are made in one piece each and are tucked in groups, the tucks at the elbows being stitched for a short distance only, so allowing becoming, graceful and comfortable fullness.

The quantity of material required for the medium size is four and five-eighth yards twenty-one, three and one-half yards twenty-four or two and one-fourth yards thirty-two or forty-four inches wide, with two yards of banding and three yards of edging.

A New Collar.

A surprise has come to light in the new cravat, which has appeared to add to the myriads already at the disposal of madame. This last addition is intended to wear with simple collarless gowns, and the new bit of neckwear is nothing more nor less than a leather dog collar.

A CONNOISSEUR.



The Squire—"Well, Thomas, I hear you are married again. What sort of woman is your wife?"

Thomas (who has married for the fifth time, and a very plain-looking widow at that)—"Well, zur, she be the Lard's 'andwork, but I can't say as she be 'iz masterpiece."—From the London Telegraph.

Stoopless Dustpan.

Women are generally agreed that one of the most serious features of household work is the incessant stooping which seems to be necessary in the performance of the daily rou-



The Stoopless Dust Pan.

tine of the household work. Doctors claim that it is this alone which is in a large measure responsible for the many ills and ailments which women are afflicted with and which the men are free from. So many of her daily tasks require that she should lean or stoop over that it is not long before this unnatural attitude is responsible for some serious and chronic illness which often makes her an invalid for the rest of her life.

The stoopless dustpan which has been recently invented enables her to do the work of gathering up the accumulations on the floor without the least inclination of her body. The new implement has a long handle by which it is carried conveniently, and at the same time the handle controls the operation of a lid which opens for the reception of the dust when the pan is placed on the floor, and as it is raised after gathering up the accumulations the lid closes, hiding the contents from view and preventing their being scattered by the wind or by accident.—Washington Star.

Effort and Relaxation.

"I come from one of the oldest families in Europe," said the titled suitor.

"I know," answered Mr. Cumrox; "one of those families that fought and worked so hard years ago that subsequent generations have done nothing except try to get rested up."

The largest pontoon bridge in the world connects Calcutta with Howrah.

Only a Contributor.

"He's a regular contributor to your paper, isn't he?" asked the caller.

"Oh, yes," replied the city editor, "but we haven't used any of his stuff for years."

"But I thought you said he was a regular contributor?"

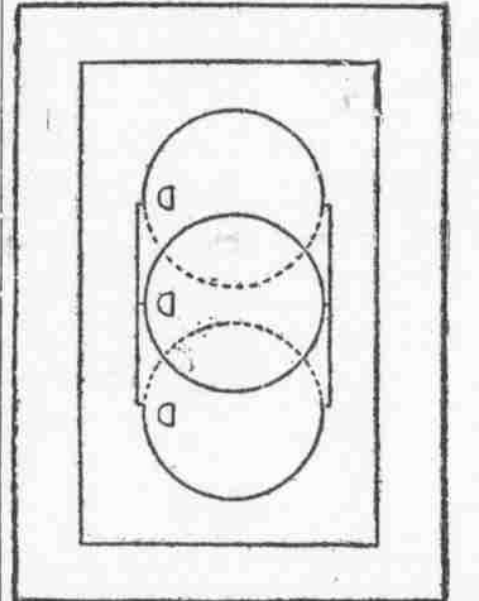
"So I did. He contributes just the same."—Yonkers Statesman.

Centre Lid For Stove.

An invention of especial interest and convenience to housekeepers is the auxiliary stove lid plate designed by a Delaware man. By means of this it is possible to have a lid over the centre of the stove, where the fire is hottest.

The old style stove plates are oblong with rounded ends and a piece set in the middle which leaves a circular opening at each end. While it is possible by this arrangement to remove, either or both lids and the bridge plate, it is not possible to so dispose them as to have one opening in the centre.

The new stove plate overcomes this disadvantage by providing a stove top with supplemental plates which may be fitted in the ends and leave a circular opening in the centre, on which one of the ordinary lids will fit. When the fire is low, as in the morning, it is desired to set the coffee pot, for instance, over the hottest part of the fire, which is the middle



part. Heretofore, it has been necessary to remove all the plates and set the kettle on the coals, thus stopping the draft, or to rake the fire over to one side.—Boston Post.

Where All Are Agreed.

I will do human nature the justice to say that we are all prone to make other people do their duty.—Sydney Smith.

IRONICAL MRS. SUBURBS.



Mr. Suburbs—"Do you expect any visitors to-night, my dear?" Mrs. Suburbs—"Well, considering that Bridget's going to leave, Willie's got the measles, the cellar is flooded, and the grocer hasn't called for two days—yes, I do."—Ally Sloper's Half-Holiday.